



My Happy Mind

Take a look at our website
for more information and resources

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Safe Strong and Free Project is a Company Limited by Guarantee
No. SC197890 Scottish Charity No. SC017744

Things I'm good at

We all have different strengths, different gifts. Fill in the bubbles with things you are good at.

The Safe Strong and Free Project (SSF) is an abuse prevention programme, which aims to reduce children's vulnerability to abuse and assault. Our workshops teach children serious things in a fun way. We don't frighten children: we empower them with the skills to keep themselves safe. Each workshop teaches different key messages.

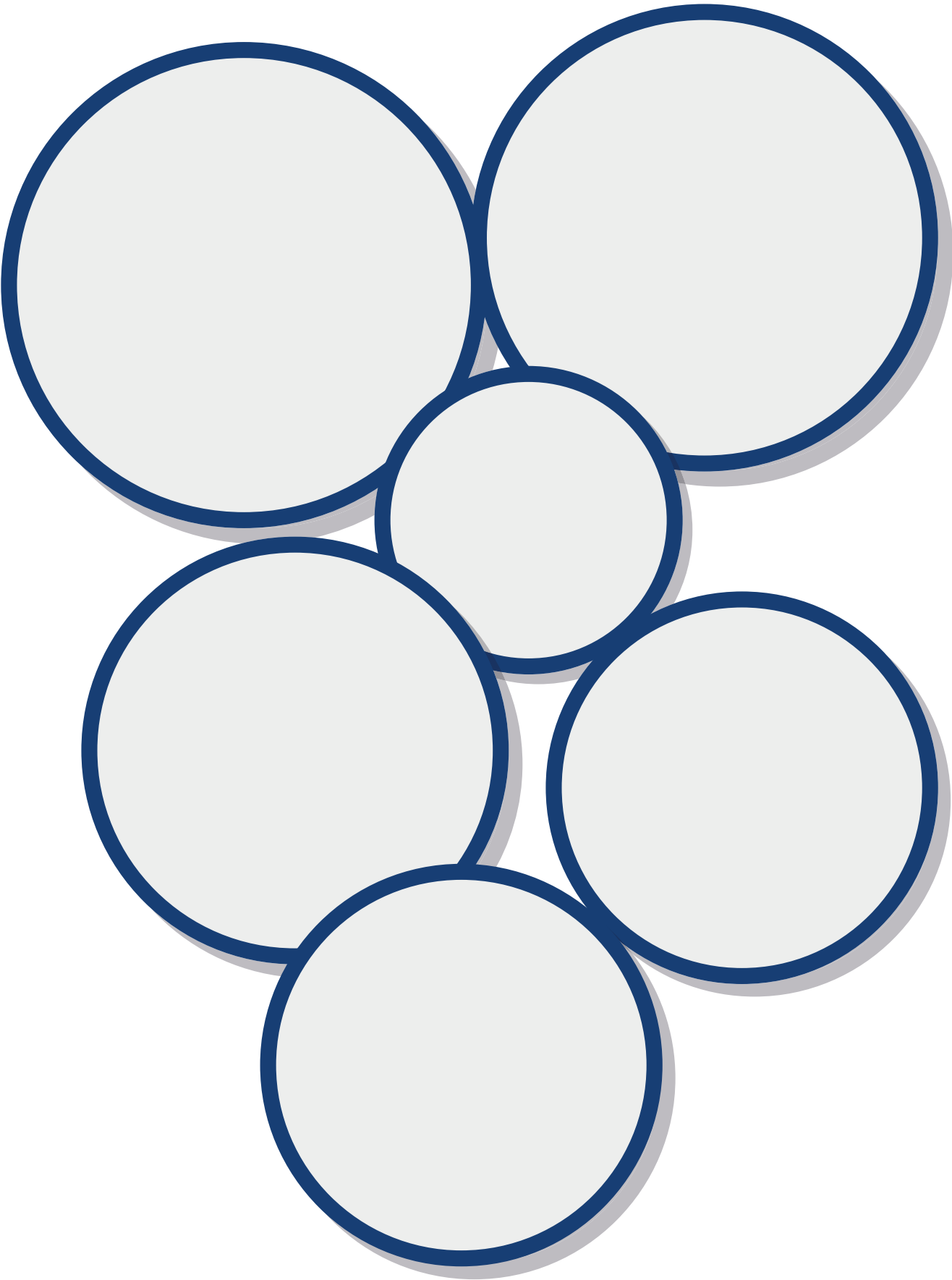
SSF believe that every child has the right to grow up safe, strong, free and free, and that preventing abuse is the responsibility of the whole community.

More information about SSF can be found in the following places:

- Website: www.safestrongandfree.org.uk
- Facebook: Safe Strong & Free | Facebook

We are living in very challenging times right now, and it can sometimes feel overwhelming. Lockdown has been hard for everyone. We're coping with a change of our normal routines and being isolated at home, without seeing friends and other contacts in our support networks. It can be difficult to manage our mood during uncertain times. Sometimes your confidence can go up and down. It is important to remember that it is ok to feel like this. No one is perfect and we are all special and unique in our own way.

The activities in this book are designed to help you recognise what you are good at, focus on the positives and be kind to yourself.



Mindful Minute

Close your eyes, sit quietly and...

What can I hear?

What can I smell?

What can I feel?

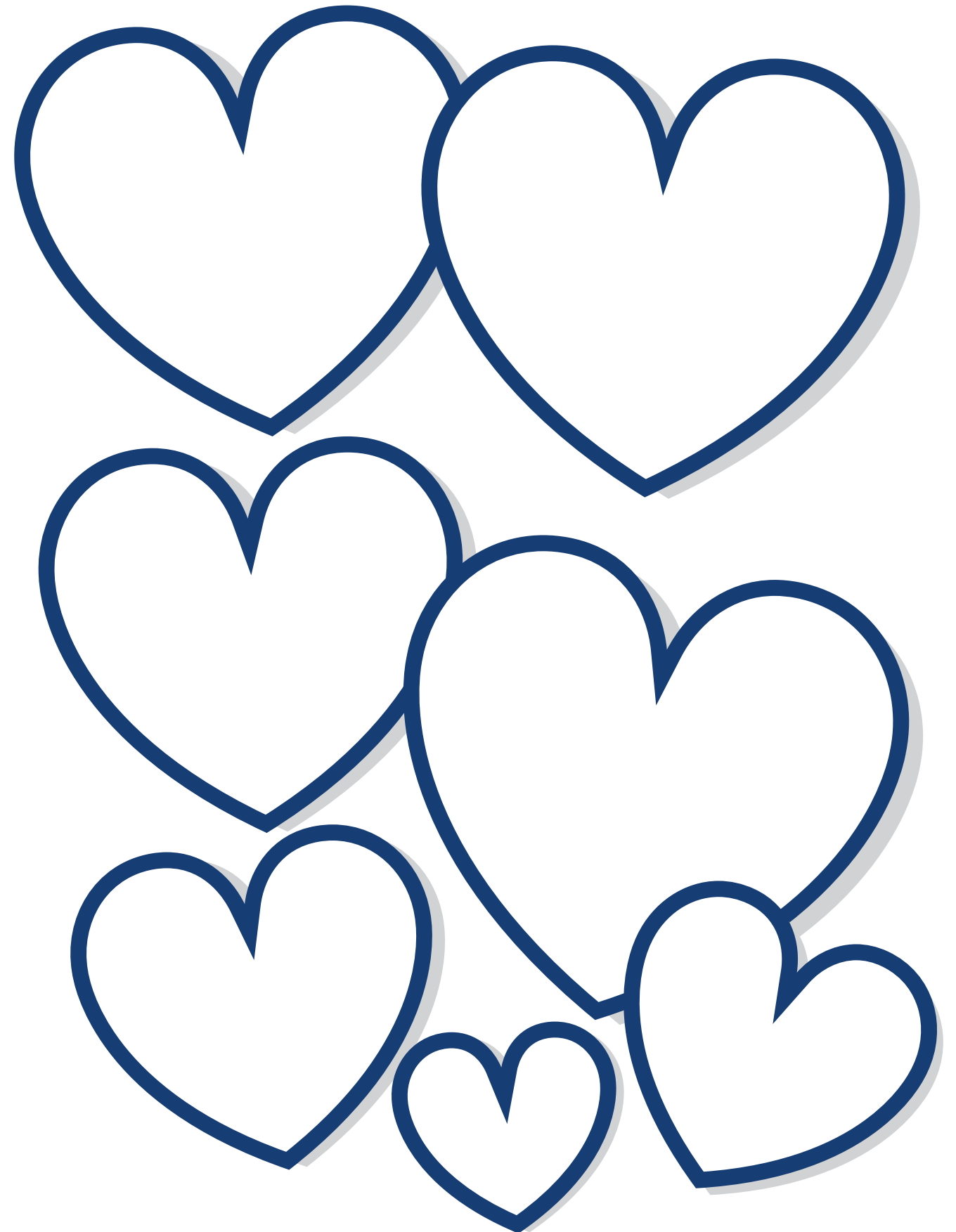
What can I taste?

Let all your worries disappear as you relax and chill out.



Things that make me happy

Smiling can make us feel better. Complete the hearts with the things that make you happy.

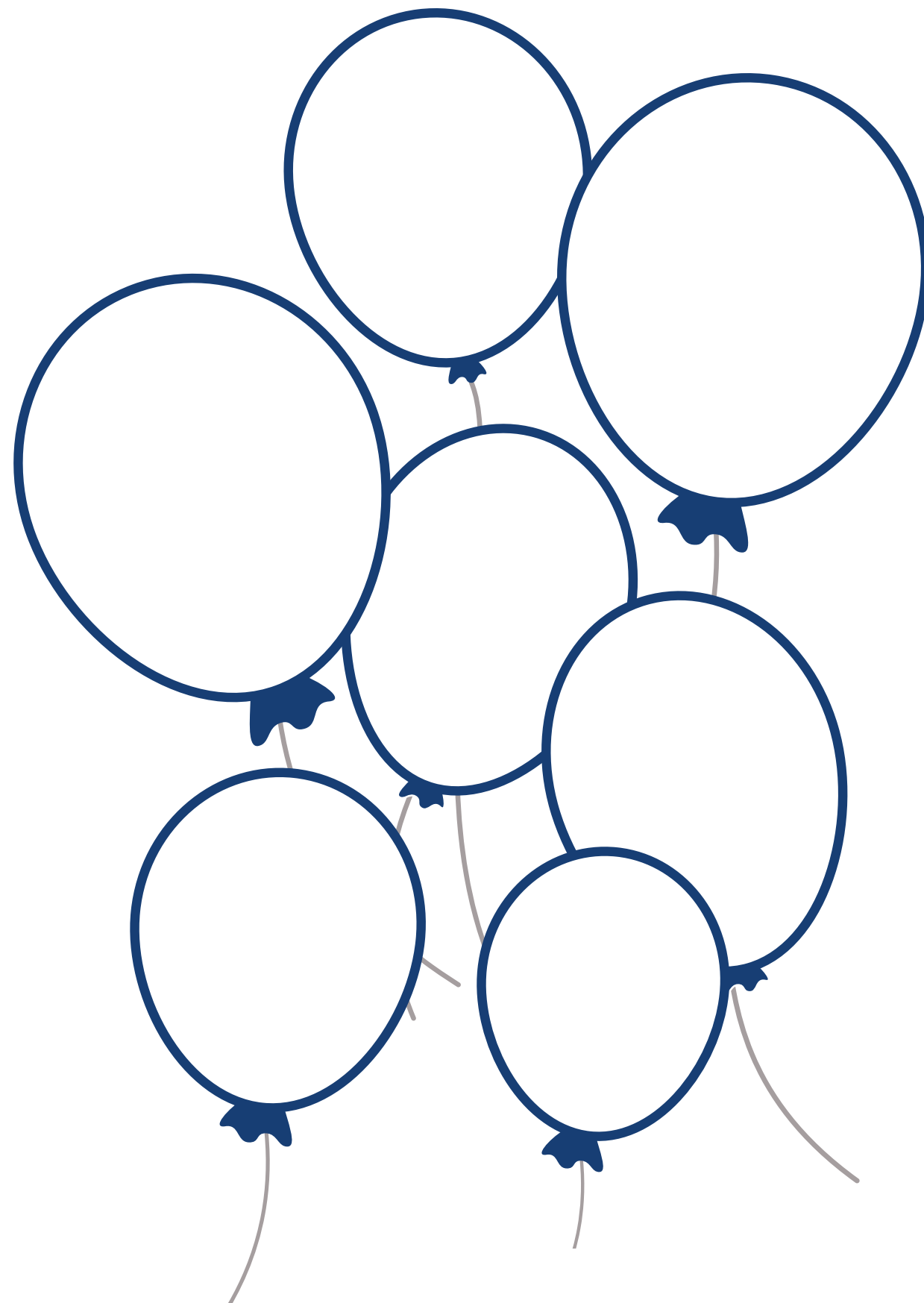


Circle your strengths

Friendly *Nice*
Eager *Reliable*
Honest *Wise*
Strong *Kind* *Trustworthy*
Helpful *Amazing* *Hopeful*
Reliable *Loyal* *Cool*
Confident *Caring* *Adventurous*

I've worked hard at...

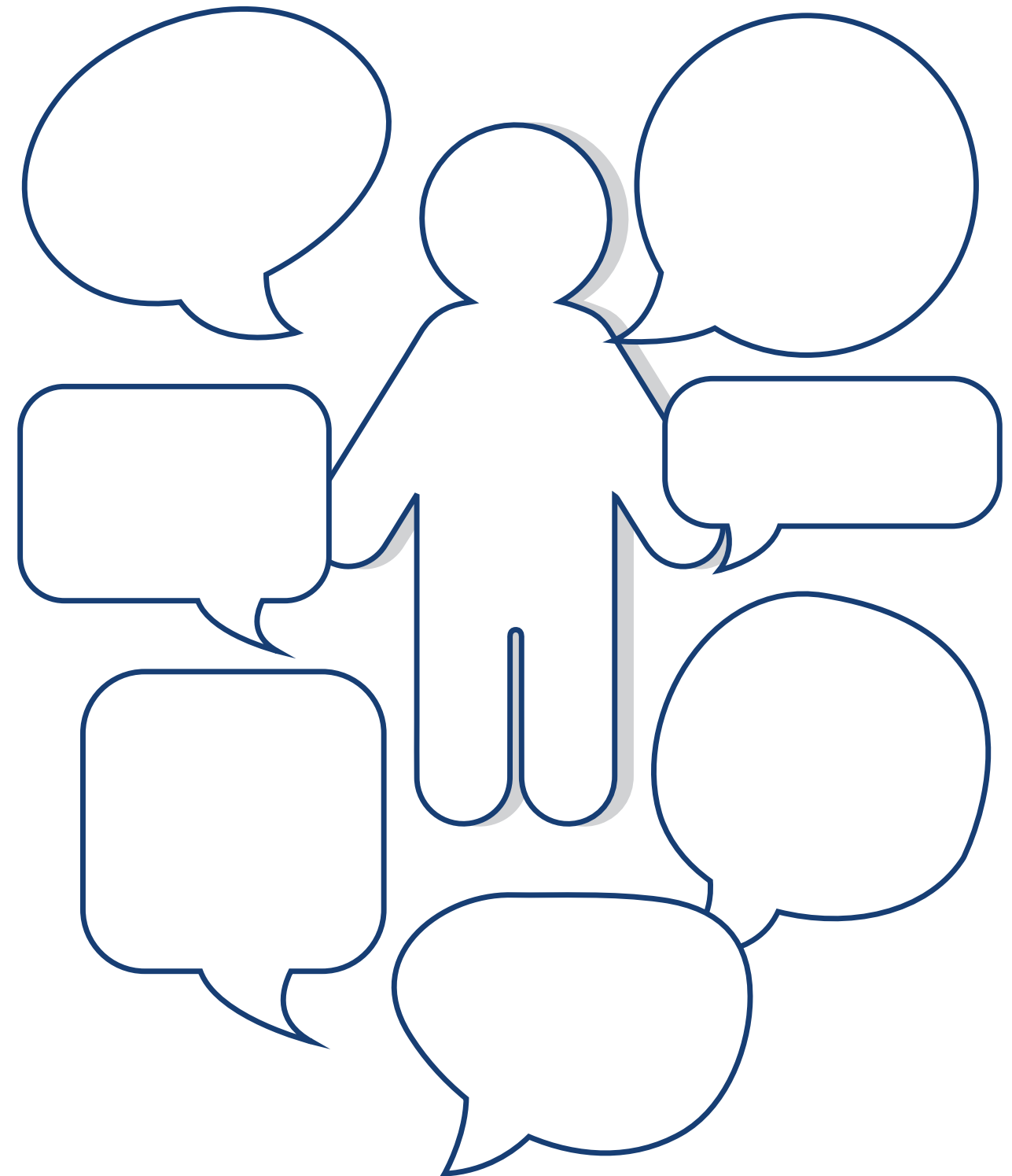
It's tough learning something new. Think of the things you have tried very hard at.



Tick all that apply to you

- ☐ I'm kind
- ☐ I'm a good friend
- ☐ I'm helpful
- ☐ I try my hardest
- ☐ I'm important
- ☐ I have great ideas
- ☐ I'm honest
- ☐ I'm thoughtful
- ☐ I'm a good listener
- ☐ I'm loved
- ☐ I'm brave

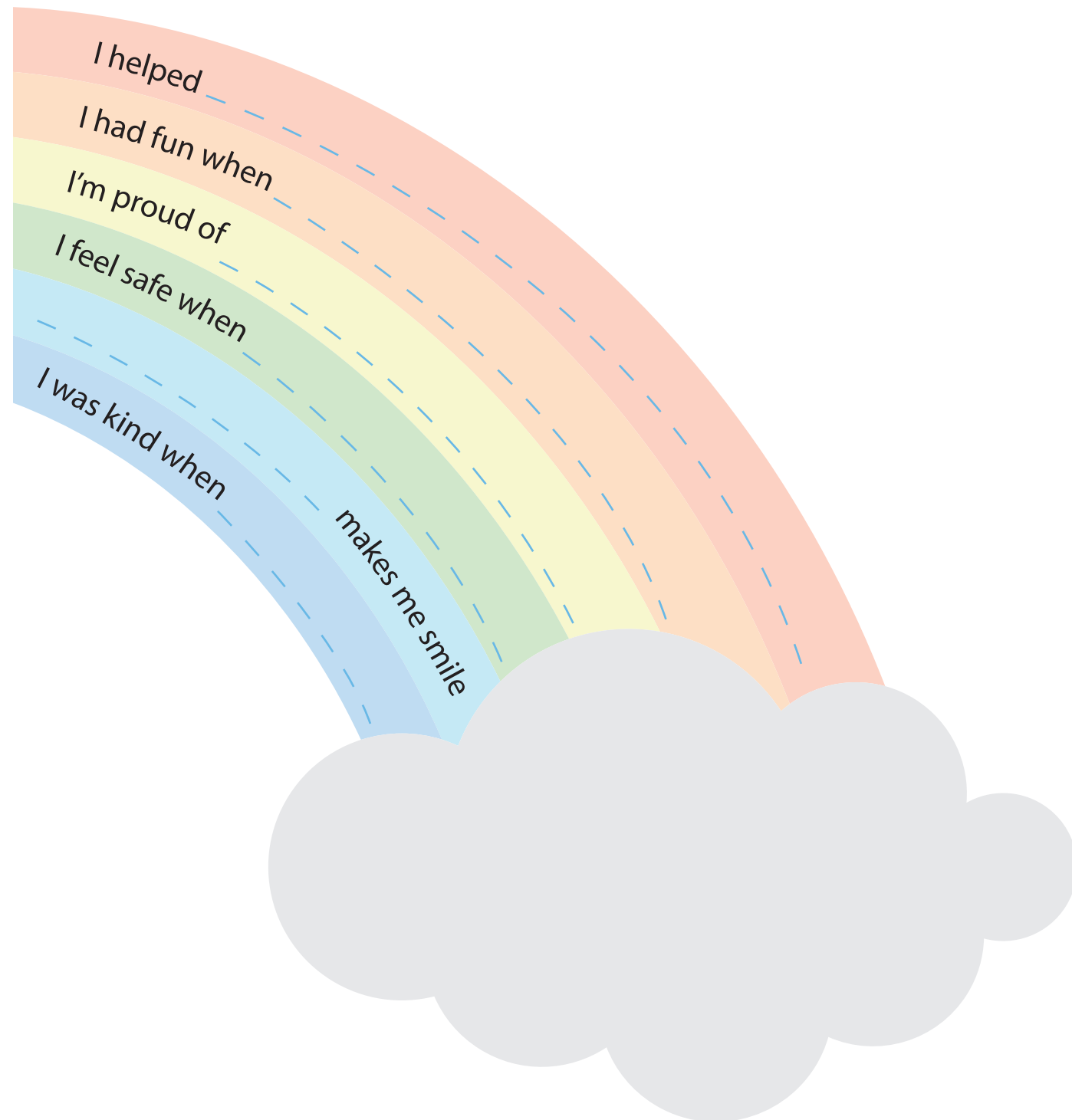
Things I love about my body



What does my body do for me? _____

Over the Rainbow

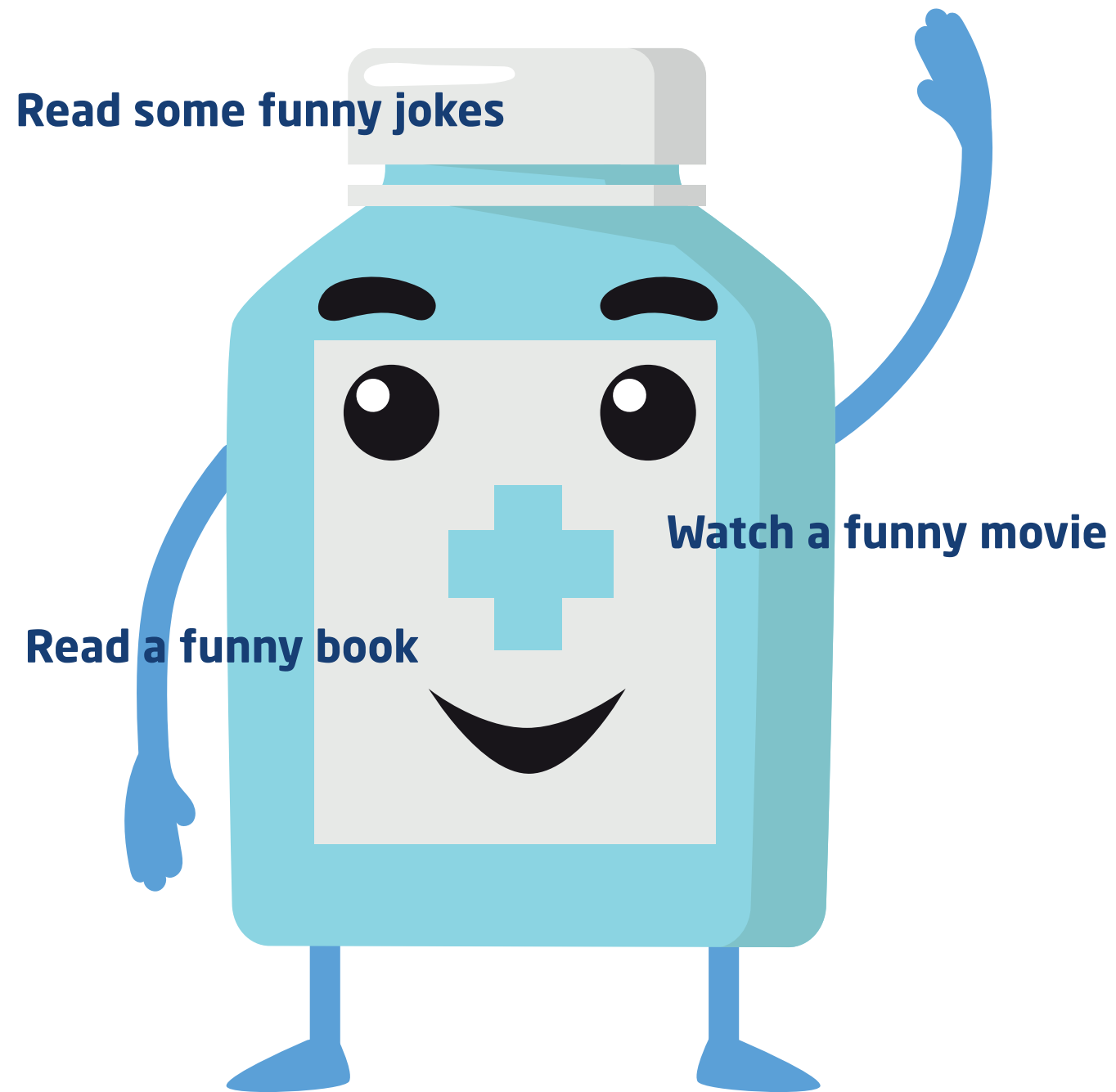
Complete the sentence.



Let the worry monster eat up all your worries



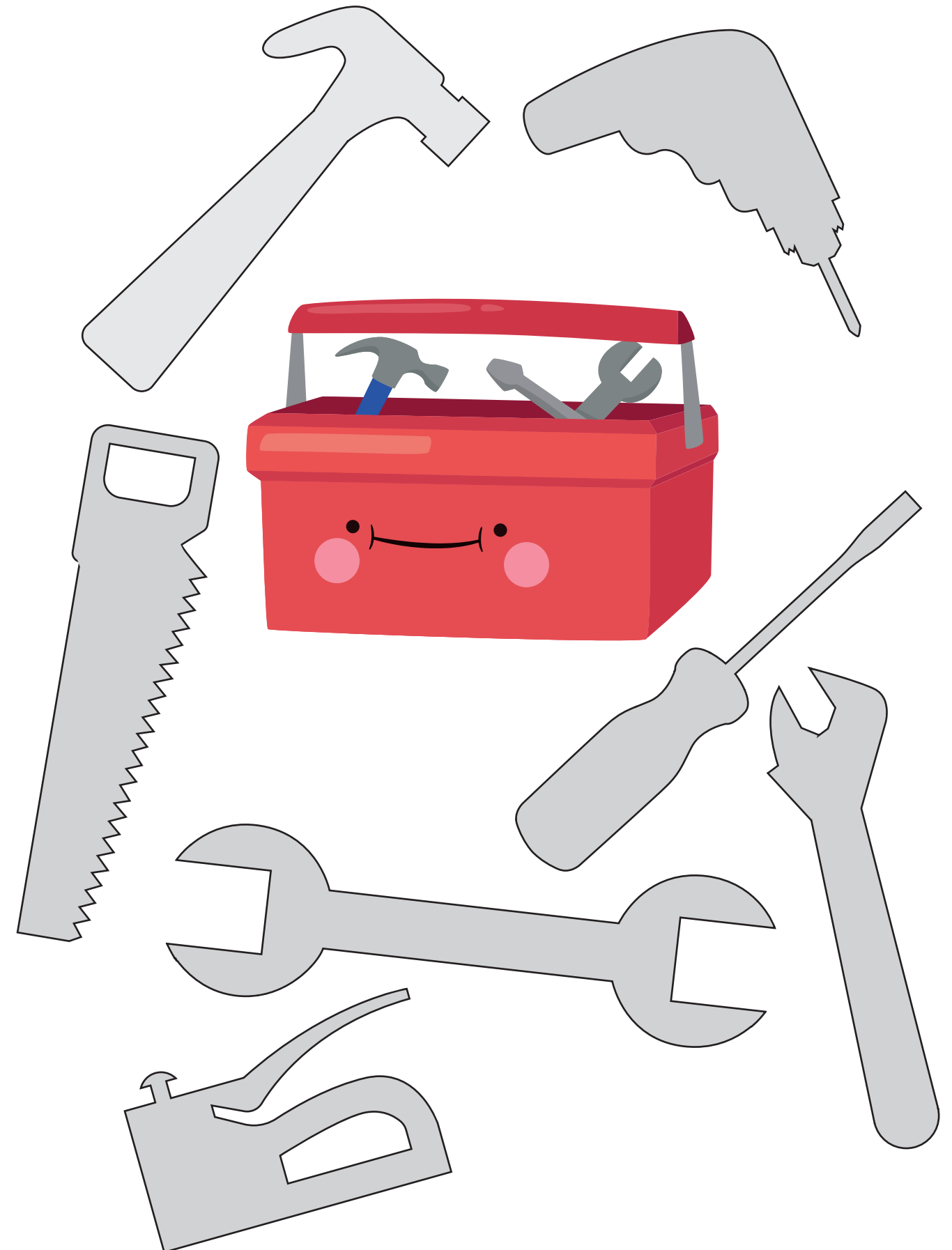
Laughter is the best medicine



What makes you laugh

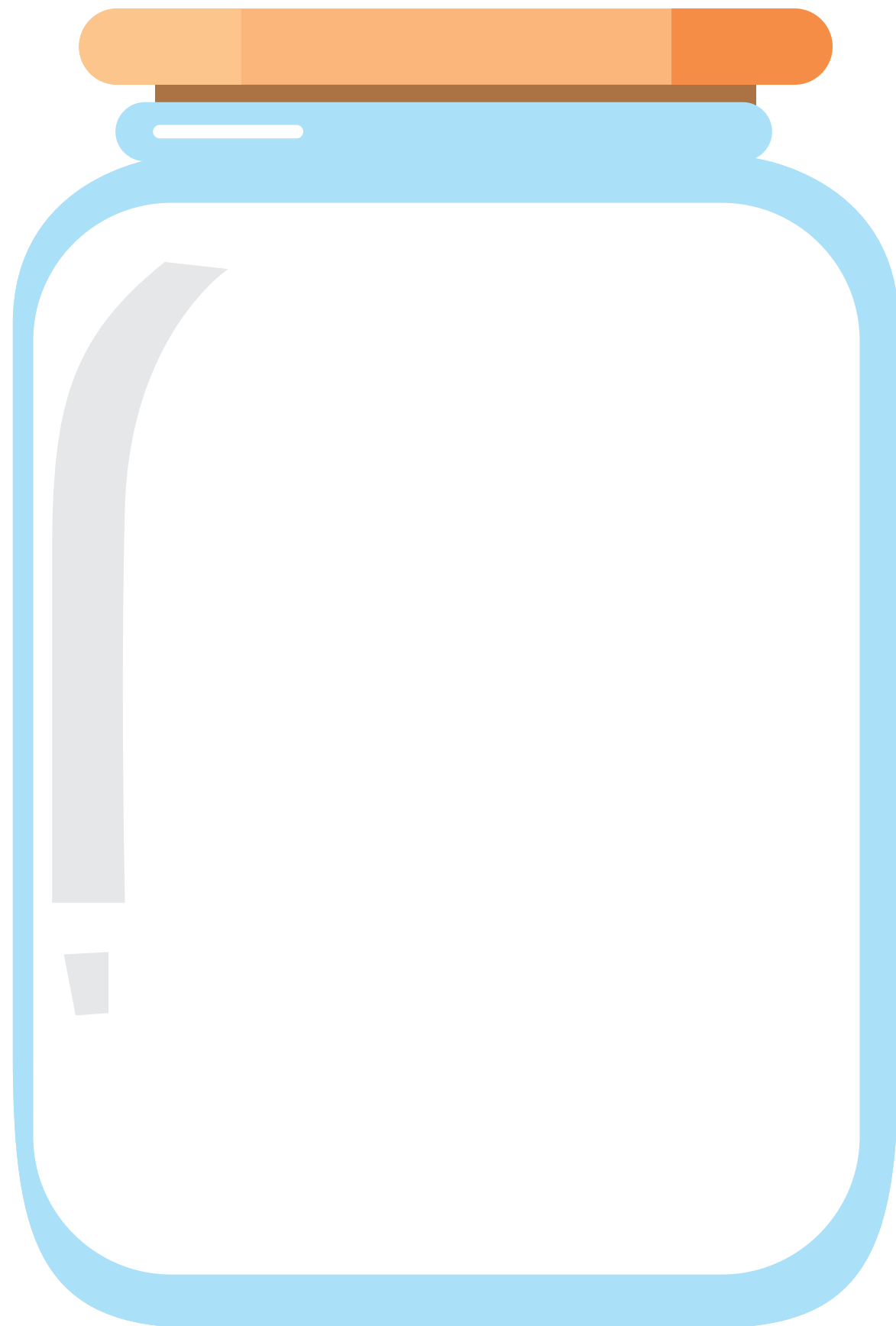
Calming toolbox

If I'm feeling worried I can use my calming tools to feel better.
Write down the things that help you feel calm.



Hopes and dreams

Fill up the jar with all your hopes and dreams



Online Resources and further guidance:

Highland Child Protection Committee
www.hcpc.scot

NSPCC
www.nspcc.org.uk

Childline
www.childline.org.uk
tel. 0800 1111

Young Minds
www.youngminds.org.uk
tel. 0808 802 5544